

# Ehrnfelt Recreation Center

## GROUP CYCLE STUDIO

Classes are 45 minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<b>G R O U P  C Y C L E</b>
		5:45am- Juan		5:45am- Juan			
			6:00am- Cassie				
	7:45am- Cliff		7:45am- Cliff		7:45am- Cliff		
	Hills&Drills 8:35am- Tami	8:30am- Jenny		8:30am- Jenny		8:30am- Rotation	
			9:00am- Rene				
9:30am- Rotation	9:30am- Karen	9:30am- Jenny		9:30am- Jenny	9:30am- Jenny	9:30am- Rotation	
			4:30pm- Cliff				
	5:30pm- Rene		5:30pm- Cliff		5:30pm- Cliff	(Rotating instructors: Cliff, Juan, Meghan, Cassie., Rene, & Tami) ** Denote new class	
	6:30pm- Rene	Hills&Drills 6:30pm- Pam		6:30pm- Karen		<i>Instructor subject to change.</i>  Updated Winter 2019	


## **GROUP CYCLE PROGRAM**

This class will help you quickly turn your goals into reality. With no complicated moves to learn, top notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun!!! Created over 15 years ago, the activity now known as indoor group cycling burns as much as 600 calories in just 45 minutes!!!

**Cycle/Core** class adds another element. Increase power and cardio endurance on the bike, followed by a tough strength segment attacking the upper body and core.

**Hills&Drills**: Build power and stamina on the bike, then onto 25 minutes of high intensity resistance training using TRX, kettlebells, barbells, and more!

1. Participants purchase a pass
2. On class day, participants must sign in, show their pass at the front desk.
3. The front desk will assign a laminated number card for your particular class.
4. Proceed to the class and show your laminated card to the instructor. Admittance to the class will not be permitted without the card
5. We hope you have fun!!!

### **Strongsville Recreation Center**

18100 Royalton Rd.  
Strongsville, OH 44136  
440-580-3260 x5275

#### **Fitness Supervisor:**

**Denise Lengal**

[denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org)

#### **Hours:**

	<b>June-Sept</b>	<b>Oct-May</b>
Mon-Fri	5am-9pm	5am-10pm
Saturday	8am-6pm	8am-8pm
Sunday	9am-3pm	9am-5pm